

Employee Assistance Program

1-800-852-3345, Ext. 4336 or 271-4336

Guiltless Eating



The 80-20 Rule



Working parents today remember the hot meals their mothers made for them when they were children and feel guilty when the best they can do is a hot hamburger at a fast-food restaurant. Keep in mind that in moderation fast food and desserts are not all bad.

Just follow this simple rule and you and your family can stay healthy. If you eat fresh, nutritious foods 80% of the time, you can relax the remaining 20% and still be in good shape. However, if you are mainly eating foods which are high in fat and sugar, don't fool yourself that adding a few nuts and berries will improve your health.

Recommended Diet

- **12% Protein**
- **30% Fat**
- **58% Carbohydrate**

Rules To Eat By



Eat a variety of foods every day. Include foods from the four food groups:

- Milk and milk products
- Breads and other grain products
- Fruits and vegetables
- Meat, fish, beans, and poultry

As much as possible avoid too much fat, saturated fat, and cholesterol.

Choose lean meat fish, poultry, beans, and peas as protein sources. Broil, bake, and boil rather than fry. Moderate your use of egg yolks and liver. Limit your intake of butter, cream, shortenings, and palm or coconut oils. Switch to skim milk and try "light" potato chips, sour cream, etc.

Eat foods with adequate starch and fiber or complex carbohydrates. Good sources include wholegrain breads and cereals, fruits and vegetables, especially with their skins left on, and dry beans and peas.

As much as possible avoid sugar. Other names for sugar are sucrose, glucose, maltose, dextrose, lactose, and fructose.

Reduce your salt intake. Salt is hidden in most canned and processed foods. Look for salt, sodium chloride, brine, or MSG on labels. Try instead to flavor foods with herbs and spices.

Nutritional Pride



Good nutrition takes effort. Your wise choices deserve some positive reinforcement Every time you eat whole-grain bread instead of refined white bread, pat yourself on the back. When you pass up french fries and a shake for a glass of milk and an apple, congratulate yourself. On the other hand, when you occasionally bite into a piece of delicious apple pie, enjoy it with a smile if you are fitting it within a consistently good pattern of eating decisions.

